

## Three Rivers Public Health Department Summary

Counties	Average age	Education		Race / Ethnicity		
Dodge, Saunders and Washington	37.8 years	H.S Grad / GED or Higher	85.9%	White, non-Hispanic	96.1%	(71,833)
<b>Total population</b> 74,770	<b>Median income</b> \$41,303	College Grad	17.4%	Minority	3.9%	(2,937)

Source: 2000 U.S. Census

### Summary of Significant Differences (Compared to Nebraska)

- In the Three Rivers area, rates for the overall population for three indicators were significantly worse than Nebraska rates. The average distance from home to the emergency room at which they prefer to receive care was significantly longer in this area. A larger proportion of adults drank alcohol during the 30 days preceding the survey. A smaller proportion of Three Rivers adults reported having rules prohibiting smoking anywhere in their homes.
- Women in this area were also more likely than Nebraska women overall to have consumed alcohol during the past month. In addition, a greater proportion of Three Rivers women stated that cancer, rather than heart disease, is the leading health problem for women.

### Health-Related Quality of Life

- Among adults in the Three Rivers area, 16.4% considered their general health “fair” or “poor.”
- Three Rivers adults reported 4.5 days in the past 30 days when their physical health was “not good.”
- Respondents in this area averaged 2.6 days in the past month when their mental health was “not good.”
- Poor physical or mental health prevented Three Rivers adults from participating in their usual activities an average of 3.2 days in the past 30 days.

### Health Care Access

- One in nine Three Rivers residents aged 18 to 64 years (11.2%) reported having no health care coverage.
- Among Three Rivers adults, 13.5% did not have a personal doctor or health care provider and 11.9% stated that, at some time in the past year, they needed to see a doctor but could not due to the potential cost of care.
- More than three-fourths of adults in this area (77.5%) reported visiting a doctor for a routine checkup within the past year. Three Rivers women (85.9%) were significantly more likely than men in the area (68.5%) to have a checkup in the last year.
- The distance from respondents' homes to the closest emergency room (ER) averaged 7.2 miles in the Three Rivers area.
- In this area, the average distance to the ER at which respondents preferred to receive care was 13.8 miles was much larger and was significantly larger than the Nebraska average.
- Nearly one-half of Three Rivers adults (48.9%) reported no problems or barriers to getting medical care, other than cost.
- Among Three Rivers residents who reported a problem getting medical care (other than cost), work (18.7%), long waits (18.7%), and not having insurance (17.3%) were mentioned most frequently.
- Three Rivers residents most often cited a doctor (42.6%) as their primary source of information on health issues or illness. Family or friends (18.6%) and the newspaper (14.8%) were also mentioned frequently.

### **Cardiovascular Disease**

- One in thirteen Three Rivers adults (7.7%) had ever been told they had a heart attack or stroke or that they have coronary heart disease.
- In this area, 27.0% of adults had ever been told by a doctor or other health professional that their blood pressure was high.
- Adults in the Three Rivers area were much more likely to identify cardiovascular disease (82.0%) than they were to identify stroke (46.0%) as something untreated high blood pressure can lead to.
- Three-fourths of Three Rivers respondents (76.9%) had their cholesterol level checked during the last five years.
- Among area respondents who ever had their blood cholesterol level checked, 38.0% had been told it was high.
- During the past year, 17.7% of Three Rivers adults were certified to perform CPR.

### **Diabetes**

- Among Three Rivers residents, 8.1% of adults had ever been told they had diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

### **Cancer Prevention**

- More than three-fourths of Three Rivers women aged 40 or older (79.3%) reported having a mammogram in the past two years.
- One-third of adults aged 50 or older in this area (33.3%) had a blood stool test in the past two years.
- A greater proportion of adults aged 50 or older in the Three Rivers area (54.0%) reported ever having a colonoscopy or sigmoidoscopy.

### **Asthma**

- One in nine adults (11.2%) had ever been told they had asthma, while 9.1% currently have this disease.

### **Overweight and Obesity**

- Six out of ten Three Rivers adults (62.8%) reported heights and weights that placed them in the “overweight or obese” category (Body Mass Index = 25 or higher). Men (73.1%) were significantly more likely than women (51.9%) in this area to be overweight or obese.
- Adults with a Body Mass Index of 30 or higher are classified as “obese.” In the Three Rivers area, 25.4% of adults were obese.

### **Tobacco Use**

- More than one-fourth of Three Rivers adults (27.7%) currently smoke cigarettes, either daily or on some days of the month.
- More than one-fifth of adults in this area (22.6%) are former smokers (that is, they have smoked at least 100 cigarettes in their lifetime but do not currently smoke).
- Among current smokers in the Three Rivers area, 54.6% reported trying to quit smoking during the past year.
- The proportion of adults in this area who stated they have rules prohibiting smoking anywhere in their homes (65.7%) was significantly smaller than the Nebraska rate. Among area adults who work indoors most of the time, 84.8% reported that their workplace’s official smoking policy does not permit smoking in any work areas.

### **Physical Activity and Sedentary Behaviors**

- Nearly one-fourth of adults in the Three Rivers area (23.6%) did not engage in any leisure-time physical activity (outside of work) in the past 30 days.
- On the other hand, 52.7% of area respondents reported participating in physical activities that met the criteria for “moderate” or “vigorous” physical activity.
- Among Three Rivers adults, 44.8% reported “excessive electronic sedentary behavior”; i.e., they engaged in television viewing (while sitting or lying down), video game system use, or computer use (outside of work or school) for three or more hours during an average day.

### **Nutrition**

- One-fourth of Three Rivers respondents (25.8%) consumed fruits and vegetables the recommended five or more times per day.
- Four out of ten adults in this area (41.0%) were knowledgeable about what “Five-a-Day” means, with women (52.9%) significantly more likely than men (28.9%) to know what this phrase means.
- One-fourth of area respondents (25.0%) reported consuming dairy products three or more times daily.
- On average, Three Rivers adults ate food from restaurants or fast food shops 2.2 times per week.
- Only one-third of respondents (32.1%) rated foods at community events in the Three Rivers area as “always” or “almost always” healthy. However, more than one-half of the respondents (57.6%) stated that the selection of healthy food at community restaurants and fast food shops was “somewhat good” or “very good.”
- Only about one-fourth of respondents (27.2%) said that healthy foods were “always” or “almost always” labeled at community restaurants and fast food shops.

### **Alcohol Consumption**

- The proportion of adults in the Three Rivers who reported consuming at least one drink of alcohol in the past 30 days (62.9%) was significantly higher than the proportion statewide. Women in this area (56.5%) were also significantly more likely than Nebraska women overall to have drunk alcohol in the past month.

### **Injury**

- One in seven adults in the Three Rivers area (14.1%) said they had fallen in the past three months. Of those who had fallen, 45.1% were injured by the fall.
- The majority of Three Rivers respondents (88.6%) stated they “always” or “nearly always” wore a seatbelt when driving or riding in a car.
- Looking at households with a child aged 5 to 15 who rode a bicycle, 36.3% of adult respondents from these households said their oldest child “always” or “nearly always” wore a bicycle helmet when riding a bicycle.

### **Immunization**

- Among Three Rivers residents aged 18 and older, 32.0% got a flu vaccination during the past year.

### **Oral Health**

- Seven out of ten adults in this area (71.2%) saw a dentist or visited a dental clinic in the past year.

### **Women’s Perceptions of Health Threats and Causes of Death**

- Compared to women statewide, a significantly greater proportion of women in the Three Rivers area (43.9%) identified cancer as the leading health problem facing women today.
- Only 14.7% of women in this area consider heart disease or heart attack the leading health problem facing women today. However, 52.3% identified heart disease/attack as the leading cause of death for all women.

### **Social Context**

- Few Three Rivers adults (7.2%) stated that they feel “somewhat” or “very unsafe” from crime within the one-mile area around their home.
- When asked about safety from traffic to walk, jog, run, or bicycle within a one-mile area around their home, 13.5% of Three Rivers respondents reported it is “somewhat” or “very unsafe.”

## Three Rivers Public Health Department: Summary Table

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>c</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>c</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>c</sup>	
<b>Health Related Quality of Life</b>										
1. General health was 'fair' or 'poor'	454	16.4%	Non-Sig	153	14.1%	Non-Sig	301	18.6%	Non-Sig	No
2. Average number of days (in past month) that physical health was not good	451	4.5	Non-Sig	151	4.3	Non-Sig	300	4.6	Non-Sig	No
3. Average number of days (in past month) that mental health was not good	446	2.6	Non-Sig	151	2.0	Non-Sig	295	3.2	Non-Sig	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	229	3.2	Non-Sig	64	3.0	Non-Sig	165	3.4	Non-Sig	No
<b>Health Care Access</b>										
1. No health care coverage among adults 18-64 years old	296	11.2%	Non-Sig	104	11.6%	Non-Sig	192	10.8%	Non-Sig	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	455	13.5%	Non-Sig	153	20.4%	Non-Sig	302	6.8%	Non-Sig	No
3. Needed to see a doctor in past year but could not because of cost	452	11.9%	Non-Sig	152	8.2%	Non-Sig	300	15.4%	Non-Sig	No
4. Visited a doctor for a routine checkup within the past year	449	77.5%	Non-Sig	148	68.5%	Non-Sig	301	85.9%	Non-Sig	Yes
5. Average distance in miles from home to the ER closest to home	454	7.2	Non-Sig	NA	NA	---	NA	NA	---	---
6. Average distance in miles from home to the ER they prefer to receive care at	441	13.8	Higher	NA	NA	---	NA	NA	---	---
7. Excluding cost, no problems or barriers to getting medical care	450	48.9%	Non-Sig	149	48.6%	Non-Sig	301	49.2%	Non-Sig	No
8. Three biggest problems or barriers to getting medical care, other than cost; among those who reported a problem or barrier										
	Overall	190	1) Work (18.7%)		2) Long Wait (18.7%)		3) No Insurance (17.3%)		(Other= 26.2%)	
	Men	60	1) Long Wait (24.6%)		2) Work (14.2%)		3) No Insurance (12.6%)		(Other=28.2%)	
	Women	130	1) Work (23.1%)		2) No Insurance (21.8%)		3) Long Wait (12.9%)		(Other= 24.1%)	
9. Primary source for getting information on health issues or illness										
	Overall	451	1) Doctor (42.6%)		2) Family/Friends (18.6%)		3) Newspaper (14.8%)		(Other= 3.3%)	
	Men	150	1) Doctor (36.4%)		2) Family/Friends (21.8%)		3) Newspaper (16.6%)		(Other= 3.6%)	
	Women	301	1) Doctor (48.6%)		2) Family/Friends (15.6%)		3) Newspaper (13.1%)		(Other= 3.1%)	

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	
Cardiovascular Disease										
1. Ever told they had a heart attack, stroke, or that they have coronary heart disease	451	7.7%	Non-Sig	152	9.0%	Non-Sig	299	6.4%	Non-Sig	No
2. Ever told blood pressure was high	456	27.0%	Non-Sig	153	23.8%	Non-Sig	303	30.2%	Non-Sig	No
3. Identified 'Stroke' as something untreated high blood pressure can lead to	456	46.0%	Non-Sig	153	44.8%	Non-Sig	303	47.3%	Non-Sig	No
4. Identified 'Cardiovascular Disease' (in any form) as something untreated high blood pressure can lead to	456	82.0%	Non-Sig	153	78.0%	Non-Sig	303	85.8%	Non-Sig	No
5. Had cholesterol checked during the past five years	448	76.9%	Non-Sig	151	75.4%	Non-Sig	297	78.4%	Non-Sig	No
6. Ever told cholesterol was high, among those who had ever been screened	393	38.0%	Non-Sig	122	38.9%	Non-Sig	271	37.2%	Non-Sig	No
7. Were CPR certified during the past year	453	17.7%	Non-Sig	151	18.4%	Non-Sig	302	16.9%	Non-Sig	No
Diabetes										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	456	8.1%	Non-Sig	153	6.3%	Non-Sig	303	9.9%	Non-Sig	No
Cancer Prevention										
1. Among women 40+, had a mammogram in past two years	NA	NA	---	NA	NA	---	246	79.3%	Non-Sig	---
2. Among adults 50+, had a blood stool test in past two years	257	33.3%	Non-Sig	^	^	---	^	^	---	---
3. Among adults 50+, ever had a colonoscopy or sigmoidoscopy	262	54.0%	Non-Sig	^	^	---	^	^	---	---
Asthma										
1. Ever told they had asthma	454	11.2%	Non-Sig	153	13.6%	Non-Sig	301	8.8%	Non-Sig	No
2. Currently has asthma	452	9.1%	Non-Sig	153	12.0%	Non-Sig	299	6.3%	Non-Sig	No
Overweight and Obesity										
1. Overweight or Obese (BMI 25+)	431	62.8%	Non-Sig	151	73.1%	Non-Sig	280	51.9%	Non-Sig	Yes
2. Obese (BMI 30+)	431	25.4%	Non-Sig	151	25.6%	Non-Sig	280	25.1%	Non-Sig	No
Tobacco Use										
1. Currently smoke cigarettes (either everyday or on some days)	456	27.7%	Non-Sig	153	28.7%	Non-Sig	303	26.7%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	
<b><i>Tobacco Use, cont.</i></b>										
2. Former cigarette smoker	456	22.6%	Non-Sig	153	27.4%	Non-Sig	303	17.8%	Non-Sig	No
3. Current smokers who tried to quit during the past year	98	54.6%	Non-Sig	^	^	---	62	61.3%	Non-Sig	---
4. Smoking not allowed in home	455	65.7%	Lower	153	63.3%	Non-Sig	302	68.1%	Non-Sig	No
5. Smoking not allowed in work areas, among those employed who work indoors most of the time	205	84.8%	Non-Sig	56	91.3%	Non-Sig	149	79.8%	Non-Sig	No
<b><i>Physical Activity and Sedentary Behaviors</i></b>										
1. Did not engage in any leisure time physical activity, outside of work, in past 30 days	456	23.6%	Non-Sig	153	23.4%	Non-Sig	303	23.8%	Non-Sig	No
2. Engage in the recommended amount of moderate or vigorous physical activity	427	52.7%	Non-Sig	144	59.1%	Non-Sig	283	46.5%	Non-Sig	No
3. Watch TV (sitting or lying down), play video games, or use the computer (outside of work/school) for 3+ hours per day	446	44.8%	Non-Sig	153	46.1%	Non-Sig	293	43.4%	Non-Sig	No
<b><i>Nutrition</i></b>										
1. Consumed fruits and vegetables five or more times per day	456	25.8%	Non-Sig	153	22.2%	Non-Sig	303	29.4%	Non-Sig	No
2. Knowledgeable about what '5 a day' means	455	41.0%	Non-Sig	153	28.9%	Non-Sig	302	52.9%	Non-Sig	Yes
3. Consumed dairy products three or more times per day	456	25.0%	Non-Sig	153	23.8%	Non-Sig	303	26.3%	Non-Sig	No
4. Average number of times per week ate food from restaurants or fast food shops	454	2.2	Non-Sig	152	2.2	Non-Sig	302	2.2	Non-Sig	No
5. Foods at community events were 'always' or 'almost always' healthy	455	32.1%	Non-Sig	153	34.1%	Non-Sig	302	30.1%	Non-Sig	No
6. Selection of healthy food was 'somewhat good' or 'very good' at community restaurants and fast food shops	450	57.6%	Non-Sig	152	51.8%	Non-Sig	298	63.4%	Non-Sig	No
7. Healthy foods were 'always' or 'almost always' labeled at community restaurants and fast food shops	448	27.2%	Non-Sig	152	27.7%	Non-Sig	296	26.7%	Non-Sig	No
<b><i>Alcohol Consumption</i></b>										
1. Consumed at least one drink of alcohol during the past 30 days	456	62.9%	Higher	153	69.3%	Non-Sig	303	56.5%	Higher	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	Sample Size (n) <sup>a</sup>	Weighted % or mean <sup>b</sup>	Compared to State <sup>d</sup>	
<i>Injury</i>										
1. Fell during the past three months	454	14.1%	Non-Sig	152	13.0%	Non-Sig	302	15.1%	Non-Sig	No
2. Injured due to a fall during the past three months, among those who fell	58	45.1%	Non-Sig	^	^	---	^	^	---	---
3. Almost' or 'nearly always' wore a seatbelt when driving or riding in a car	453	88.6%	Non-Sig	153	89.0%	Non-Sig	300	88.2%	Non-Sig	No
4. Oldest child wore a bicycle helmet 'always' or 'nearly always' when riding a bicycle, among adults with a child in their household (ages 5-15) who rode a bicycle	96	36.3%	Non-Sig	^	^	---	^	^	---	---
<i>Immunization</i>										
1. Got a flu vaccination during the past year	455	32.0%	Non-Sig	152	27.1%	Non-Sig	303	36.7%	Non-Sig	No
<i>Oral Health</i>										
1. Saw a dentist or dental clinic in past year	450	71.2%	Non-Sig	151	71.6%	Non-Sig	299	70.8%	Non-Sig	No
<i>Women's Perceptions of Health Threats and Causes of Death</i>										
1. Identified cancer as the leading health problem facing women today	NA	NA	---	NA	NA	---	302	43.9%	Higher	No
2. Identified heart disease/attack as the leading health problem facing women today	NA	NA	---	NA	NA	---	302	14.7%	Non-Sig	No
3. Identified heart disease/attack as the leading cause of death for all women	NA	NA	---	NA	NA	---	302	52.3%	Non-Sig	No
<i>Social Context</i>										
1. Feel 'somewhat or very unsafe' from crime within the one-mile around their home	452	7.2%	Non-Sig	151	7.6%	Non-Sig	301	6.8%	Non-Sig	No
2. It is 'somewhat or very unsafe' from traffic to walk, jog, run, or bike within the one-mile around their home	451	13.5%	Non-Sig	152	15.6%	Non-Sig	299	11.3%	Non-Sig	No

<sup>a</sup> Non-weighted sample size

<sup>b</sup> Percentage weighted by health district, gender, and age

<sup>c</sup> Signifies if the district percentage/mean is significantly different from the State of Nebraska percentage/mean based on age-adjusted 95% confidence interval overlap

<sup>d</sup> Insufficient sample to calculate a reliable estimate

Note: Indicator definitions are available within Appendix-A; age-adjusted results per indicator, for all districts, are available within Appendix-B

Source: A Point in Time Study: Self-Reported Health Status of Nebraska Adults by Local and District Public Health Department Region, 2005